

The Right Bite **Cheese Pizza**

(from the kitchen of Jenilee Lemmon)

4 Servings

You'll Need:

1 cup white bread flour
¾ - 1 cup whole wheat flour
¼ teaspoon salt
1 teaspoon sugar
1 package quick rise yeast
⅔ hot water (125-130 degrees F)
1 Tablespoon olive oil (for coating dough and pan)

Take out:

Large mixing bowl
Small mixing bowl
Measuring cups
Measuring spoons
Mixing spoon
Thermometer
Clean surface for kneading
Fork or wire whisk
12-inch pizza pan

1. Sift together white bread flour, salt and sugar into large bowl. Blend yeast with flour mixture. Add hot water, stir to form dough.
2. Add enough whole wheat flour to make a dough that sticks together in a (soft, rather flat) ball form.
3. Sprinkle ½ remaining whole wheat flour on kneading surface; turn out dough onto floured surface; knead to form stiff dough, adding as much remaining flour as needed to make. Dough smooth and elastic. (Knead about 5 minutes) I usually use about ¾ cup flour.
4. Coat inside of small mixing bowl with ½ tablespoon olive oil. Place dough in bowl, turning to coat completely with oil. Cover; allow to stand at room temperature until dough has doubled in bulk, about 10-15 minutes.
5. Oil 12-inch pizza pan with 1 teaspoon oil.
6. Turn dough onto oiled pan; use remaining ½ teaspoon oil to oil hands; spread dough with oiled hands to edges of pizza pan using patting motions with fingers.

Sauce

1 8-ounce can low sodium tomato sauce
⅛ teaspoon garlic powder
¼ teaspoon oregano
¼ teaspoon basil
⅛ teaspoon black pepper

(Or, use 1 teaspoon Italian seasoning in place of garlic powder, oregano, basil and black pepper)

7. Combine sauce and seasonings, blend well with a fork or whisk. Allow to stand 5-10 minutes to allow flavors to blend. Spread sauce over the dough, leaving about $\frac{3}{4}$ inch rim of crust.

Topping

1 cup shredded part skim mozzarella cheese

8. Sprinkle cheese over top of pizza.
9. Bake in a pre-heated 400 degree F. oven for 20-25 minutes or until crust is golden brown. Slice and serve hot. **SERVE WITH A BIG SALAD.**

Note: Diabetics often have problems with their blood sugar rising after eating pizza, spaghetti, chili and other foods with a combination of starch and tomato sauce. It is not known what causes this problem. I suspect, but no study has been done to confirm this, that the problem is eating too much of these foods and not much else at the same meal. That is what the typical American does. **However, diabetics cannot afford to do that. The diabetic needs every meal to be balanced for his/her specific needs.** That does not include 5 or 6 exchanges of starch at one meal.

Calories: 358
Carbohydrate: 52 grams
Fat: 9 grams
Sodium: 388 mg
Protein: 17 grams

Note: Vegetables such as onions, peppers, mushrooms, and broccoli can be added to this pizza without much change in calories, fat, or carbohydrates. For example, if you add $\frac{1}{2}$ cup of each of the above vegetables, here are the new nutritional values:

Exchanges: 2 Vegetables, 3 Starch, 1 Meat, 1 Fat

**To further cut sodium and fat, choose low sodium, fat free mozzarella cheese. Using non-stick cooking spray instead of the olive oil will also reduce the fat. However, it will also change the flavor somewhat.

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